



Are your Feet Tingling? You could have Diabetic Neuropathy



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E-FOOTNOTES

Diabetic focus

ADDRESSING THE NEEDS OF DIABETICS AND
PROPER FOOT CARE FOR ALL AGES.

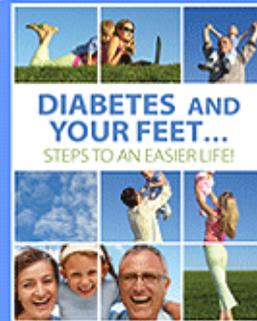
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Amputations Due to Diabetes Can Be Prevented



*Diabetes patients
urged to take simple
precautions to help
save their feet*



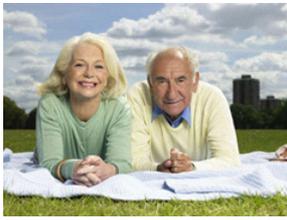
BY THOMAS F. VAIL, DPM

Taking a minute or two every day to [inspect your feet](#) and observing a few simple rules can make the difference in sparing diabetes patients from a preventable outcome of the disease – a foot amputation.

Of all diabetes-related complications, a serious [foot ulcer](#) and subsequent amputation might be the most preventable with proper care and vigilance in checking the feet at least once a day for small cuts and other abrasions. Even those with good control of their blood sugar can experience [foot ulcers](#), especially if neuropathy, a frequent diabetes complication, has caused decreased feeling on the bottom of their feet. Try [Neuremedy®](#) to relieve the symptoms of neuropathy. Many neuropathy sufferers experience dramatic relief of their symptoms within a month after trying [Neuremedy®](#). It is not unusual to notice improvement within a few days.

Loss of sensation inhibits the body's normal pain response. As a result, [walking](#) can apply repetitive, unfelt pressure to a wound, making it larger and deeper. Left untreated, [diabetic ulcers](#) lead to serious infections, which may result in amputation. [Amerigel®](#), once only available to wound care centers, is now available to patients. Enriched with Oakin™ and classified by the FDA as a hydrogel wound filler, [AmeriGel® Wound Dressing](#) is designed to provide a moist wound environment, prevent infections and clean wounds of unwanted debris, all of which, if not addressed, can slow the body's natural healing process.





Foot and ankle surgeons use a variety of surgical and non-surgical methods to heal [diabetic ulcers](#), but stressed early intervention yields the most favorable outcomes. Daily self exams are the best protection. Too often, patients fail to check their feet for small cuts or punctures that over time will ulcerate and become infected. If you have [diabetes](#) and see anything suspicious on your feet, consult a [foot and ankle surgeon](#) for diagnosis and treatment. Even a few days can make a difference in preventing serious foot problems from developing.

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My Feet are Tingling: Could it be Neuropathy?

As a patient with [diabetes](#), you may want to talk to your podiatrist about diabetic neuropathy. [Neuropathies](#) are a family of nerve disorders that can be caused by diabetes. People with [diabetes](#) can, over time, develop nerve damage throughout the body. Some people with nerve damage have no symptoms. Others may have symptoms such as pain, [tingling](#), or [numbness](#)—loss of feeling—in the hands, arms, feet, and legs. [Diabetic neuropathies](#) often manifest in your feet and may even be the first sign that you have developed [diabetes](#).



The longer you live with [diabetes](#), the more likely it is that you may develop [neuropathy](#). Furthermore, this problem becomes magnified if you have difficulty controlling your blood sugars. However, some patients with [diabetes](#) never develop [neuropathy](#) and have no symptoms at all. Mild cases of [neuropathy](#) may go unnoticed for many years—and remain untreated. Symptoms of [numbness](#), tingling, or burning should be brought to the attention of [your podiatrist](#) as there may be treatments available to help alleviate these sensations. [Read More...](#)



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